



Making It Balance and Kickin' It Up

A Cycle Menu for Montana Childcare

Master Menu Volume 3
September 2005

This menu meets the CACFP meal standards for children ages 3-5 years old; and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, pretzels, apples and grapes. Please substitute appropriate foods for children under 3 years of age. Whole milk is recommended for children age 1-2 years. Low fat, 1% milk, is recommended for children age 2 and older. All bread and bread alternates must be made with enriched or whole grains. The meals and snacks are numbered for day care home providers using the Minute Menu System.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Whole Grain Banana Muffin I Applesauce Milk <p>56</p>	<ul style="list-style-type: none"> Yogurt/Fruit Parfait with Cereal I Milk <p>57</p>	<ul style="list-style-type: none"> Banana Crunch Pop C Graham cracker I Milk <p>58</p>	<ul style="list-style-type: none"> Oven French Toast I Canned fruit cocktail A, C Milk <p>81</p>	<ul style="list-style-type: none"> High fiber cold cereal I Seasonal melon or orange slices C Milk <p>60</p>
Lunch/Supper	<ul style="list-style-type: none"> Macaroni (I) & Cheese with Ham I Frozen peas A, C Orange slices C Milk <p>156</p>	<ul style="list-style-type: none"> Porcupine Meatball I (recommend using brown rice and lean ground beef in recipe) Mashed potato C Green beans Whole wheat dinner roll I Milk <p>157</p>	<ul style="list-style-type: none"> Corn Flake Baked Chicken Breasts I Brown rice pilaf I Steamed broccoli A, C Canned peaches A Milk <p>158</p>	<ul style="list-style-type: none"> PB (I) & J sandwich on whole wheat bread I Low-fat mozzarella cheese stick Sunny Carrot Salad A Apple slices C Milk <p>181</p>	<ul style="list-style-type: none"> Navy Bean (I) and Ham Soup I Perfect Cornbread I Spinach Salad I, A, C Canned apricots A, I Milk <p>160</p>
Snack	<ul style="list-style-type: none"> Taco Chex Mix I Strawberries C (fresh in season or frozen) <p>256</p>	<ul style="list-style-type: none"> Apple slices C Perfect Peanut Butter Dip I <p>257</p>	<ul style="list-style-type: none"> Tortilla chips I Black Bean Dip I <p>258</p>	<ul style="list-style-type: none"> Fruit Jigglers (to provide ½ cup fruit) Animal crackers I (made with enriched flour) <p>281</p>	<ul style="list-style-type: none"> Mini bagel (I) with cream cheese 100% Juice <p>260</p>

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Whole wheat or whole grain waffles I Huckleberries, in season, or strawberries C Milk <p>61</p>	<ul style="list-style-type: none"> Banana bread I Orange slices C Milk <p>62</p>	<ul style="list-style-type: none"> Sunshine Tacos (eggs, cheese, taco shell) Melon C if in season or canned fruit Milk <p>63</p>	<ul style="list-style-type: none"> Homemade Biscuit I served with peanut butter I and Banana slices C Milk <p>64</p>	<ul style="list-style-type: none"> Pancakes (I) topped with Applesauce & sprinkles Milk <p>65</p>
Lunch/Supper	<ul style="list-style-type: none"> Turkey(I) and cheese sandwich on whole wheat bread I Cucumber slices w/ hummus dip I Fruit cocktail A, C or canned peaches in light syrup A Milk <p>161</p>	<ul style="list-style-type: none"> Pork Stir Fry A, I, C (pork, broccoli, carrots, mixed vegetables) White and brown rice (I) Fresh fruit Milk <p>162</p>	<ul style="list-style-type: none"> Tater Tot Casserole (I) with chicken Frozen lima beans C, I or green beans Mandarin oranges A, C Breadstick I Milk <p>163</p>	<ul style="list-style-type: none"> Bean (I) and Cheese Burritos on whole wheat tortilla I Romaine and dark green lettuce salad A, C, I Seasonal fresh fruit or canned apricots A, I Milk <p>164</p>	<ul style="list-style-type: none"> BBQ Beef Cups I (biscuit dough (I), ground beef (I) mixture in a muffin tin) Celery and carrot sticks A w/ Lowfat and Yummy Dressing Pineapple rings C Milk <p>165</p>
Snack	<ul style="list-style-type: none"> ½ Baked Apple (C) sprinkled with ¼ cup raisins I Graham cracker I <p>261</p>	<ul style="list-style-type: none"> Yogurt Kiwi fruit C <p>262</p>	<ul style="list-style-type: none"> Grapes cut in half Cottage cheese <p>263</p>	<ul style="list-style-type: none"> Pumpkin bread A, I 100% juice <p>264</p>	<ul style="list-style-type: none"> Gone Fishin -yogurt, fish crackers, and pretzel sticks I <p>265</p>



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> High fiber cold cereal (I) Strawberries C (fresh if in season or frozen) Milk <p>66</p>	<ul style="list-style-type: none"> Hens on the Nest (½ English muffin (I), egg and cheese) Orange slices C Milk <p>67</p>	<ul style="list-style-type: none"> Whole wheat bagel (I) with peanut butter I Fresh or frozen berries C Milk <p>68</p>	<ul style="list-style-type: none"> Oatmeal I (fortified, instant) with raisins (I) 100% Juice Milk <p>82</p>	<ul style="list-style-type: none"> Pumpkin Pancakes A, I Canned pears C Milk <p>70</p>
Lunch/Supper	<ul style="list-style-type: none"> Baked Spaghetti (made with lean ground beef or ground turkey (I) and noodles (I)) Romaine and dark green lettuce salad A, C, I Mandarin Oranges A, C Milk <p>166</p>	<ul style="list-style-type: none"> Tasty Lemon Fish I Seven grain bread I Frozen corn or corn on the cob if in season Watermelon (A, C) or cantelope (A, C) or seasonal fruit Milk <p>167</p>	<ul style="list-style-type: none"> Hamburger (I) on whole wheat bun I Baked Beans I Apple slices C Milk <p>168</p>	<ul style="list-style-type: none"> Lime-marinated Chicken Breasts I Peas and carrots A, C Brown rice pilaf I Kiwi fruit or Vit C fruit Milk <p>182</p>	<ul style="list-style-type: none"> Baked Turkey Breast I Volcano Potato (mashed sweet potato A, C) Whole wheat roll I Fresh or frozen berries C Milk <p>170</p>
Snack	<ul style="list-style-type: none"> Finger pancakes (I) Fruit cocktail (A, C) canned in light syrup <p>266</p>	<ul style="list-style-type: none"> Peach Crisp (A, C, I) Milk <p>267</p>	<ul style="list-style-type: none"> Yogurt parfait w/ Granola (I) and fruit <p>268</p>	<ul style="list-style-type: none"> Apple Smiles C Fig Newton I <p>282</p>	<ul style="list-style-type: none"> Junior Trail Mix I Grapes cut in half <p>270</p>



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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Raisin toast I Banana C Milk <p>71</p>	<ul style="list-style-type: none"> Whole wheat toast I served w/ scrambled egg I Grapefruit or Vit C fruit C Milk <p>72</p>	<ul style="list-style-type: none"> Baked French Toast Strips I Canned pears C Milk <p>73</p>	<ul style="list-style-type: none"> Cheese quesadilla (made with flour tortilla I) Apricots A (fresh if in season or canned (I)) Milk <p>74</p>	<ul style="list-style-type: none"> High fiber cold cereal I Fresh or frozen berries C Milk <p>75</p>
Lunch/Supper	<ul style="list-style-type: none"> Chili Corn Chip Bake I (ground beef (I), pinto beans (I), cheese, corn chips) Frozen corn Seasonal fresh fruit Milk <p>171</p>	<ul style="list-style-type: none"> Individual Pizzas (made with pork sausage or chicken (I) and biscuit dough (I)) Romaine and dark green lettuce salad A, C, I Grapes Milk <p>172</p>	<ul style="list-style-type: none"> Crock-pot Cheeseburger Sandwich I (ground beef and cheese mixture on a whole wheat bun (I)) Baby Carrots and Raisins A, I Kiwi Fruit or Vit C fruit Milk <p>173</p>	<ul style="list-style-type: none"> Turkey Tetrazzini (turkey (I), noodles (I)) Broccoli salad A, C Orange slices C Milk <p>174</p>	<ul style="list-style-type: none"> Ham & Cheese Rollup I (ham/cheese in crescent roll (I)) ¾ oz cheese cubes Tomato soup A, C Fresh clementine oranges (A, C) or Vit C fruit Milk <p>175</p>
Snack	<ul style="list-style-type: none"> Apple Cheese Square C 100% Juice <p>271</p>	<ul style="list-style-type: none"> Orange Pineapple Gelatin C Whole wheat crackers I <p>272</p>	<ul style="list-style-type: none"> Pumpkin Patch Muffin A, I Apple slices C <p>273</p>	<ul style="list-style-type: none"> Teddy Grahams I Strawberries C or seasonal fresh fruit <p>274</p>	<ul style="list-style-type: none"> Cucumber coins and carrot sticks A Cottage Cheese Dip <p>275</p>



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Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Whole wheat cinnamon toast I Easy Winter Fruit Salad or seasonal fresh fruit salad A, C Milk <p>76</p>	<ul style="list-style-type: none"> Whole wheat or whole grain waffle I Seasonal fresh fruit Milk <p>77</p>	<ul style="list-style-type: none"> Apple Cheese Biscuit C, I Banana C Milk <p>78</p>	<ul style="list-style-type: none"> Pancakes I Berries (fresh or frozen) C Milk <p>83</p>	<ul style="list-style-type: none"> Cream of Wheat hot cereal I Apricots A, I Milk <p>80</p>
Lunch/Supper	<ul style="list-style-type: none"> Tuna fish sandwich I on whole wheat bread (I) or Tuna Boat (tuna salad (I) in hot dog bun (I)) Vegetable Soup A Canned/fresh pears C Milk <p>176</p>	<ul style="list-style-type: none"> Chicken Enchilada Casserole I (chicken (I), tortilla chips (I), cheese) Sugar snap peas C Mandarin oranges A, C Milk <p>177</p>	<ul style="list-style-type: none"> Vegetable Chili A, C, I Grapes Corn Bread I Milk <p>178</p>	<ul style="list-style-type: none"> Chicken Pita Sandwich I on whole wheat pita bread or a tortilla (I) Peas and carrots A, C Peaches A, C Milk <p>183</p>	<ul style="list-style-type: none"> Busy Day Stew I, C (ground beef, potato, carrot, celery) Pears C Sugar-free strawberry gelatin Crackers I Milk <p>180</p>
Snack	<ul style="list-style-type: none"> Nuts and Bolts I (cereal, pretzels, peanuts, raisins) Banana C <p>276</p>	<ul style="list-style-type: none"> Cherry tomatoes A, C (cut in 1/2) and celery sticks Cucumber Yogurt Dip Whole wheat crackers I <p>277</p>	<ul style="list-style-type: none"> Healthy Bran Muffin I 100% juice <p>278</p>	<ul style="list-style-type: none"> Gingersnaps I Applesauce <p>283</p>	<ul style="list-style-type: none"> Soft Pretzel I Broccoli trees A, C with Cool Creamy Vegetable Dip <p>280</p>



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